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Are Aluminum Pans Poisonous

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You'll be more satisfied if you have light woodwork throughout. Small rooms appear larger if woodwork is made the same color as the walls.

Floor Coverings

Wall-to-wall carpeting is a pleasure but it isn't necessary. Use large throw rugs as an alternative. Choose those that harmonize with the color scheme of your walls, and that go well with the draperies, slip covers and other fabrics in the room.

Matching shag rugs are practical as well as pleasing. Fit them together for a big rug in the wintertime. Use only one or two in the summer to make the room look cool. Equip the rugs with non-skid pads and place them "square on" with the world.

Since convenience is a major item in any bedroom, place the bed at right angles to the wall if possible. If not, make sure it is easily movable so that making the bed won't be such a task. Face the bed away from the window to avoid direct light in the eyes. If this won't work, use venetian blinds to shut out the direct glare of sunlight.

Put the dressing table in front of the window, at right angles to the window, or between two windows. What you want is good light directly on your face, not on the mirror. Avoid placing it opposite the window, particularly in a narrow room.

If you wish, place the study table rather than the dressing table at the window. Plan for plenty of artificial light too.

If two people share a small room, push twin dressers together under a big mirror. You save space and also get a unified, interesting grouping.

Arrange large chests or bureaus against the walls. A small chair or two will help give the feeling of hominess you need.

Moody Curtains

The curtains or draperies can almost set the mood for your room. They should harmonize with the walls, rugs, bedspread and other items in the room.

If your room has a modern look or is quite formal in appearance,

straight-hanging sheer curtains with floor length overdraperies are very usable. If the room is more casual, almost anything will be suitable—chintz, dotted swiss, voile, organdy, cotton dress material or muslin. Make them plain, tiered or ruffled, floor length, sill or apron length as you wish. Be sure they're washable, for bedroom windows are open a lot.

Many of our bedrooms are "still in the dark." One bare light bulb hanging from the ceiling won't provide either the kind or amount of light needed.

The first step in your lighting program is to get a good ceiling fixture. The light from a bare

bulb is extremely hard on the eyes. Moreover, you can't see too well no matter what you're doing around the room.

Then provide plenty of close-up lighting at your dressing table or bureau mirror. Choose a lamp (certified is an excellent choice) for bedside or table use. Make sure the wattage in the bulb is sufficient for the purpose. Bulbs of 60 to 75 watts give a good light for reading or sewing.

These are some basic ideas for room planning. Study magazines for further ideas on bedroom furnishings. Attractive rooms are not so much a matter of money as of planning and good taste.

Are Aluminum Pans POISONOUS?

by Louise J. Peet

MANY HOMEMAKERS have written to me about salesmen who have high-pressured them into buying stainless steel cooking utensils. These salesmen have not only made elaborate claims as to the results you'll have when you cook with their pots and pans; but they also suggest that dreadful things can happen if you cook in kettles or roast in pans made of aluminum or of copper-bottomed steel.

It just isn't true! The American Medical Association states that there are not the slightest grounds for believing that food cooked in aluminum utensils is harmful.

Aluminum utensils also have been pronounced harmless by the Hygienic Laboratory of the United States Public Health Service. Nearly every hospital in this country, including those run by the United States Government, uses aluminum cooking utensils.

Experiments carried on by scientists in different parts of the country prove that there normally is a small amount of aluminum in our bodies. Many fruits and vegetables which we eat contain very small amounts of aluminum. So do milk and water.

How much aluminum does an

acid food absorb from an aluminum pan? I once weighed a clean aluminum sauce pan carefully—then boiled a strong vinegar solution in it for 10 minutes. Vinegar contains 4 percent acetic acid, a much stronger acid than practically any found in fruits or vegetables. We let the vinegar solution cool in the pan, then weighed the empty pan again. It weighed exactly what it had at the beginning. No aluminum was dissolved.

Alkalies are more harmful to aluminum than acids. Alkalies turn aluminum dark. For that reason, aluminum pans should never be washed with strong soaps.

Double action baking powder contains sodium aluminum sulfate. Some vanishing creams and deodorants contain aluminum sulfate. (Anything rubbed on the skin is easily absorbed.) Certainly these sources supply a much larger amount of aluminum than cooking in an aluminum pan will.

One woman wrote me that a salesman told her that the steel in a copper-bottomed utensil might wear through to the copper. The copper was poisonous, he warned.

Now I don't know how hard

some women use their pots and pans. But with ordinary use in cooking I doubt if the steel in a copper-bottomed pan would wear through in much less than a hundred years or so. But even if it did, the only damage would be to the pan. Our bodies already contain a small amount of copper. Copper makes it easier to assimilate the iron our systems need.

We've found many other desirable uses of aluminum—none of them poisonous. Milk bottle caps are of aluminum. Cheese and candy wrappers are often made of aluminum foil. We use this same aluminum foil on frozen meats.

It's well known that cooking vegetables in as small an amount of water as possible helps retain the essential vitamins and min-

erals. Unless the material in your pan is a good conductor of heat, food cooked in this small amount of water is likely to stick, or perhaps burn. Steel by itself is a rather poor conductor of heat. If you cook in pots and pans made of steel, you usually have to use more water.

Aluminum is an excellent conductor of heat. And so is copper. So if you want to use steel utensils, it is generally a good idea to use those that have copper on the bottom.

If you want to buy steel utensils, it is usually better to buy them from a merchant you know. Then if they fail to give you satisfactory service, you can return them. Chances are they'll cost you less too.

made up a fairly large group, over one-third in our study. Yet many seniors had made up their minds about the future.

We found that the following four circumstances were somewhat related to the student's having some decisions about the future:

(1) Students from families with a relatively high social standing in the community were less apt to be undecided at the time of graduation.

(2) Students who rated above average on intelligence tests were less undecided.

(3) Those who had discussed plans—talked things over with parents—were less undecided.

(4) There was some relationship between the education of a student's parents and his ability to make decisions about the future.

Perhaps none of these items is very significant in itself. But taken together they suggest the importance of having information about opportunities at home and away from home. Our study suggests this: Students who were undecided at the time of graduation may have been so partly because they did not have enough knowledge about the opportunities to make a wise decision.

Mobility Important

The problem of mobility among farm people is a very important one in our social and economic life. For generations there has been a steady movement of farm people to urban centers. Birth rates have been higher in rural areas than in cities. The cities have been able to absorb more people and give them employment; while in the meantime our farm population has been growing proportionately smaller.

If we can throw some light on who leaves our farm communities and why, it may help us understand the problems our young people face. Quite often many years of a person's life are not as productive as they might be—simply because of the time it takes a young person to get his feet on the ground in our society of unknown and uncertain opportunities.

Where Do Our High School Graduates Go?

by Joe M. Bohlen

WHO LEAVES our farm communities — and who stays?

Last spring we asked 157 graduating seniors in Hamilton County high schools what their future plans were. Would they stay home on the farm? Or would they leave their home community to get further education, to work, or for any other reason?

Only 19 seniors had definite plans to stay in the home community; 81 said they intended to leave; 57 were undecided about their future plans.

Of course we don't know how many followed out these intentions. But even their intentions throw some light on the problems these young people face.

Those Who Leave

We found that those who had "worked out," either in town or on some other farm besides their own, were more apt to plan on leaving the community than those who had not worked away from home. Apparently the experience of working away from home had helped to develop attitudes of independence and a willingness to

break ties with the home community.

Of course this was only generally true. Many who had worked away from home planned to farm. And many who had not worked away from home were planning to leave their home community nevertheless.

Each person was given a test designed to measure the individual's likes or dislikes for living on a farm. Of those who scored high on this test, more expressed intentions to remain in the home community than of the seniors whose scores suggested no special liking for farm life. As you might expect, more girls than boys had intentions to migrate away from their home community.

The dilemma of indecision is a common one among our high school graduates. Rarely is any special effort made to provide immediate opportunities for these young people. As a result, many of them are unable to make specific plans for the future. They just wait until they "run onto something" and make their decisions then.

These undecided individuals